



FIT INTRODUCES NEW ANGER COURSE

FIT's ninth course, Anger Dynamics, will be available July 1 using a group guide and matching facilitator guide of the same name. Written by FIT President Don Pratt and his son Paul Pratt, this course was written with the following in mind:

1. **Anger from a practical Christian perspective.** This is a balance between two extremes: practical help with anger with absolutely no mention of God or the Bible and unrelated Bible study with no practical advice on handling anger.
2. **Emphasis on problem solving rather than on memorization of facts.** While presenting and testing many facts may be more impressive to some and easier to do, real change comes by "learning to stand on your own two feet" by individual effort and thought. Class members already know many of the "facts". They just have not learned how to apply them to their lives. They must be shown how to do this by example.
3. **Emphasis on group discussion.** For greatest practical benefit, the power of the group itself is tapped to come up with strategies and applications. Life is complex. There is not a textbook in the world that can list all the problems and solutions needed for this journey through life. The group reduces focus on the self and provides support for those who need to feel safe to open up in a healthy way.

4. **Lessons are sequenced for maximum effectiveness.** Given the emotionally-charged nature of anger, it will take several lessons, maybe even the whole course, for some people to feel safe and open up. Adding to this, this may be the first time that group members have given much personal thought to most of these issues. This creates a need for a course structure that has a patient and non-threatening progression. This is evident in both the sequencing of the lessons and in the types of questions used.
5. **The course is non-threatening.** Anger is approached safely and with respect. The practical benefits of anger management are emphasized as well as its mechanics. Our cover graphic of the gears suggests the harmony of things working right when the pieces fit together like they should. It also shows a subtle "cool down" transition from the "hotter" gears at the top to the gears of cooler colors at the bottom...
6. **Lessons build on what the group already knows.** The group will already have plenty of knowledge to draw from, especially if it is in the optimal size of 6-12 people. In a group like this, there will be at least some who will be knowledgeable of scriptures, even in a setting like prison. This type of lesson development has a name. The contemporary name is "constructivism". Group members in this this format will be spared of being insulted as appearing ignorant or incapable of controlling themselves. One person may have already dealt with a particular situation and handle it well. Another may show how personal faith in Christ has led to overcoming the obstacles. Limitations can also be addressed. An inmate may be able to quote more scriptures than a pastor but lack the ability to translate it into practical living. Another may have great insight as to personal issues but fail to see it in light of living the Christian life. It is just a fact of life that people want to be listened to instead of being lectured to all the time. Getting past this type of resistance will provide a better chance at making meaningful change.
7. **Finally, this course was written to help the forgotten people of the world** – the least, the last, and the lost. These include the incarcerated, addicted, and indigent – people who are held in low regard by society. This is a course for them. We will show them respect, recognize where they are and have come from, and show them a better way. We will show them how to do it through their Christian faith. This course is for those leaders who wish to take the extra effort needed to actually disciple a person into successful Christian and community living.

IMPORTANT INFORMATION REGARDING THE NEW COURSE.....

Anger Dynamics will not replace the Anger Management course using the Anger: Our Master or Servant book. Instead, it will also fulfill the group four Anger requirement. Both anger courses will continue to be supported and may be used separately or one after the other for a longer course.

GULF LAKES SQUARE CLUB DONATES \$50.

As a result of a presentation of the FIT program by Sharon Johnson of Bradenton, FL, the Gulf Lakes Square Club donated \$50. This is the second such presentation by Sharon producing a contribution. The FIT program depends on revenue from a variety of sources in order to carry on its mission. We salute Ms. Johnson for her contribution in not only raising funds but also making the public aware of what we are doing.

100,000 Contact Hours Recorded Since 2008

We have passed a new milestone. 100,000 recorded contact hours since we began keeping records on March 13, 2008. This is the date we started full production of offering our courses to clients. The previous two to three years had been spent in putting a curriculum together, writing new materials, and training the leaders who would be leading the groups. Over 800 leaders have been trained, most of them from Florida but also from other states. We are well-known for our carefully controlled certificate program. Each certificate contains the name of the recipient, the date of graduation, facilitator(s), name of course, number of contact hours completed in facilitator-led group, and city. These certificates are often used to verify progress in civil and criminal cases and some of our clients have actually been court-ordered to our program. On occasion, our certificates have been forged with falsified information. We have a complete record-keeping system where we can verify any one of the 6,362 certificates issued by us since 2008. We also can, and do, upon request, provide detailed printouts for any of our clients or host institutions. Also, each state prisoner can be tracked by DOC number to facilitate research into our effectiveness.

NEW MEMBERSHIP POLICY WORKING WELL

On January 1, 2013, FIT established a new active membership. As the organization grows, it also grows more complex. It became evident that the time for membership status had come. Most people become members by taking our one-day training to qualify to be a facilitator/co-facilitator in one of our recognized groups. Then they are eligible to receive, funds permitting, special privileges such as free custom certificates for each class and books for their classes. Membership also helps the organization with donors as well as in additional revenues that the dues produce. Since January 1, close to \$1,000 has come in from the modest \$25-yearly membership dues. Membership has also been opened up to friends who want to serve in other ways than as a facilitator. Those electing facilitator training are given a complimentary paid-up membership for the first year after their training.

OPPORTUNITIES TO INCREASE YOUR MINISTRY EFFECTIVENESS

More and more, doors are closing unless an organization stands behind you. Here are a few upcoming opportunities for personal growth and credentialing: FIT Leader Training: Bradenton, FL, May 4; St. Augustine, FL, May 18, and West Palm Beach, FL, May 25. FIT provides a solid curriculum and teaches how to use it. For those working in state prisons, the background checks made there is a form of important clearance that many agencies require, such as churches and disaster agencies. For those wanting to receive chaplain's certification that includes a background check and a path to Christian licensing and ordination, consider the International Fellowship of Chaplains (IFOC) weeklong training in Sarasota, FL September 16-20. People will be coming from all over the country and possibly foreign countries to attend. Register on their website at www.IFOC.org. Contact Nancy Kenney at 941.727.3279 for more information. Also available by the same organization is a three-day, two-course combination dealing with crisis intervention. The course titles are "Individual Crisis Intervention and Peer Support" and "Peer Support and Group Crisis Intervention". This event will be held in Bradenton, FL on August 1-3, 2013. Contact Nancy Kenney for details (number above) and register at www.ifoc.org/training/advanced/php. Again, this national course is not always offered in Florida.

MARK YOUR CALENDAR

FIT Leader Training:	May 4:	Bradenton
	May 18:	St. Augustine
	May 25:	W Palm Beach
Chaplaincy Training:	Sep 16-20	Sarasota
Crisis Intervention:	Aug 1-3:	Bradenton